Welcome to the Chris Larson Memorial Labyrinth

The purpose of a prayer labyrinth is to provide a structured, meditative, and reflective spiritual tool. It is a single-pathed journey to a center and back. It can help focus one's mind on God, find inner stillness, process emotions, and achieve a deeper spiritual connection, similar to a pilgrimage. This form of "body prayer" can bring calm and peace by quieting the mind, reducing stress, and allowing for deep reflection on life's journey, expectations, and relationships. Enjoy!

How to use a Labyrinth

There are many ways to use a prayer labyrinth, none of them are wrong. To simply kiss the ground with your feet as you move through the path at pace of intentional slowing down is enough.

Hold a Question

Have a specific answer or guidance you are seeking? Enter holding a question. Next, open yourself to receive guidance, pausing briefly at each turn to ask the question.

Pray at each turn

Pause before making a change in direction and lift a person or situation up in prayer.

Open heart & mind

Be mindful as you enter and travel through the path, noticing what thoughts and/or sensations come to you. What might they be telling you, or mean to you?

In Loving Honor and Memory of Chris Larson

Chris was a beloved founding member and the initial director of choirs and small group programs at Lord of the Hills Lutheran Church.

Chris touched countless lives through her spirit of inclusivity, love, and care. Among her favorite sayings were, "She who sings, prays twice," and the lyrics, "You belong to us. We belong to you. We all belong to God."

How A Labyrinth Works

- **The Path**: You walk the single, winding path to the center and then follow the same path back out.

- **The Center:** The center is a space to sit, stand, or kneel, rest, and receive, making a personal connection with God.

- **The Journey Out:** The return path is an opportunity to give thanks, pray for others, and integrate the insights gained during the walk.

Key benefits - Labyrinth continued...

Key Purposes and Benefits

- **Meditation and Prayer:** Labyrinths offer a physical act of prayer and meditation, helping to still the heart and mind by following a clear path to the center and back again.
- **Focus and Stillness:** Unlike a maze, a labyrinth has no dead ends, providing a clear, predictable path that directs focus and helps quiet internal distractions.
- **Spiritual Pilgrimage:** Walking a labyrinth is considered a form of inner pilgrimage, allowing for a spiritual journey of self-discovery and a deeper connection with the divine without leaving one's community or routine.
- **Emotional Processing:** The journey provides a space to release worries, process thoughts, and surrender to God's presence, leading to reduced stress and greater peace.
- **Symbolic Representation of Life's Journey:** The twists and turns of the path can symbolize the unexpected tangents and challenges of life, offering an opportunity to reflect on goals and expectations.

Our Peace Pole

Our Peace Pole is a gift from the hearts and hands of members of Lord of the Hills. The eight languages on the pole represent our neighbors and the first inhabitants of this land. Arabic and Urdu honor our Muslim neighbors whose property is to the north of us. Algonquin recognizes the original inhabitants of the land on which our church resides. English, Spanish, Chinese, Vietnamese and Korean are the languages of our wonderfully diverse community here in Aurora, Colorado. May Peace Prevail on Earth in your hearts and in your homes. Our peace pole is registered as part of the peace pole project. You can find out more about this worldwide organization and locations of other peace poles throughout the world by visiting **www.peacepoleproject.org**.

May Peace Prevail On Earth

Love Serve Grow

Lord of the Hills Lutheran Church

We are a vibrant, faith filled congregation of the Evangelical Lutheran Church in America (ELCA). "Come and see" what we have to offer. This is a place where everyone belongs.